

The Alchemy Programmes...

Professional Development Coaching

Every serious determined athlete has a coach. Professionals in almost every walk of life are realising the benefits of having a coach as well.

What do we do as coaches?

- We listen and build a trusting relationship with our clients
- We ask questions
- We learn about what matters to our clients; their values, their preferences and their style; their goals and objectives
- We're interested in our clients strengths and how to build on them
- We're interested in what they find challenging and how to best address and transcend those obstacles

Our job is to help you arrive at whatever destination you have decided upon with ease and authenticity.

Clients come with a variety of goals including:

- Transitioning to new areas in their company
- Changing companies
- Career change and/or dealing with redundancy
- The need for an "outside" ear
- How to deal with criticism
- How to communicate with those you work with or for
- How to master job interviews

The current business climate demands flexibility in thought and action. Our background in coaching, teaching and advising allows us to use our intuition and experience to offer practical solutions and new ways of evolving at work.

We work internationally with global companies and private individuals to augment and enhance current personal skills, and to develop the ability to perform effectively in a variety of situations.

Our clients state that they leave with:

- A new centered approach to their life and work
- A clear focus and plan for improvement
- Added skill and confidence in dealing with a variety of situations, both personal and group
- A new appreciation of themselves and their abilities
- Increased influencing skills
- Creative ways to solve problems
- Improved co-operation, communication skills
- A productive approach to addressing challenging situations
- Greater confidence

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Dr Meribeth Dayme, Director, has been working with companies and individuals for over twenty years. It has been said of her: "Meribeth works magic—and she is the best kept secret in town"! Her background in business, the performing arts, and science give her assets that very few consultants share. Originally qualifying and teaching the US in the performing arts and health sciences, she brings an eclectic and multi-faceted background to the corporate world.

She is the author of *Creating Confidence*, a business e-book found on www.alchemyprogrammes.com, and well known in voice and presentation skills work through her teaching and books, the most recent being *The Performer's Voice*, a text used by singers, actors, presenters, speech therapists. and doctors throughout the world. In 2000, Meribeth was given an award for contribution to communication by Human Communication International and in 2001 she was given the Van Lawrence Fellowship Award for her contributions to the field of voice.

Clients include:

DuPont
Rohm & Haas
Givaudan
BT
Proctor & Gamble
HP
Skandia
Prudential
Institute of Management
D J Freeman
McKinsey & Co
ICI
The Nichols Group
ActionAid Uganda
CAFOD
MIND
Relate

What clients are saying:

"Meribeth has carried out training on both an individual and group basis for Skandia, and without exception everyone has agreed it was the most beneficial training they have experienced to help them improve as a presenter."

John Litchfield, Skandia UK

"I am very grateful to you for helping me to overcome my fears and start to actually enjoy presenting. Thank you for caring about the 'whole' me too, as I now understand that all aspects of the person contribute to well being and self- confidence".

Sandra Postles, HR Director, National Savings and Insurance UK

"Meribeth is one of the most creative and resourceful personal coaches and trainers that I have experienced in my professional or personal life. She brings an immense knowledge and understanding of the human mind and body, which she delivers with a style that is simultaneously challenging and supportive. I have worked with Meribeth now in 3 companies over more than 10 years."

Andrew Binns, Managing Principal, Change Logic LLC

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